

# AUSA Family Forum II

LTG Patricia Horoho

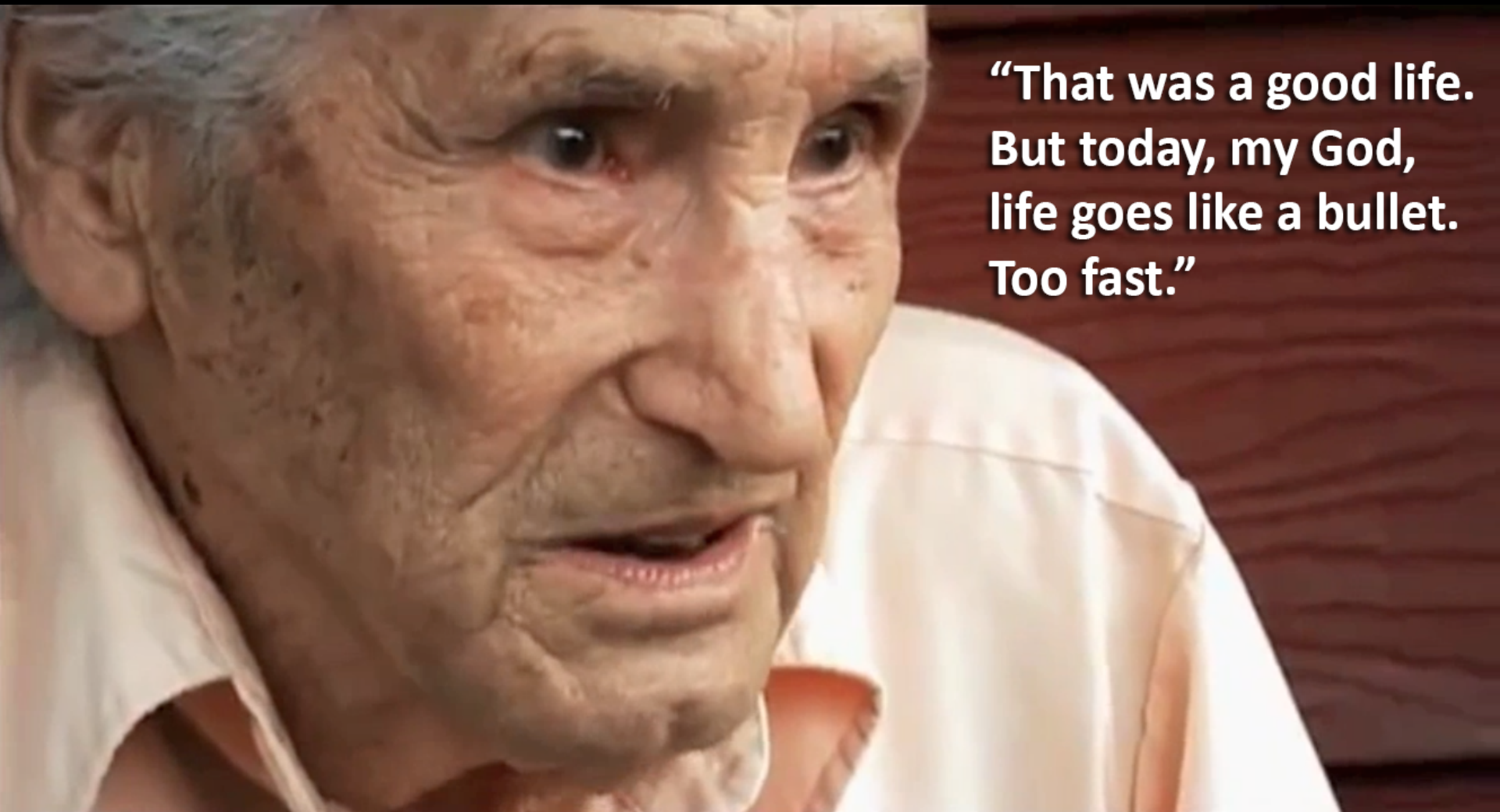
United States Army Surgeon General &  
Commanding General, United States Army Medical  
Command

22 Oct 2013 Washington DC



[Don't Blink Video 1:54]





**“That was a good life.  
But today, my God,  
life goes like a bullet.  
Too fast.”**



20,000





Rested...

Fueled...

Perfused



[Desserts Video 0:32]







**500**  
Calories





Log for  
**1 Hour**







[Forks Over Knives 1:30]











21



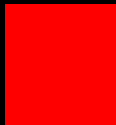


7



15







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Name:



***Activity:***

30 minutes this afternoon.  
30 minutes in the morning.

***Nutrition:***

Eat your calories, don't drink them.  
No more caffeine until tomorrow a.m.

***Sleep:***

Remove electronics from bedroom.  
Get 7 uninterrupted hours.

Refills: *Lifetime*



*@LTGHoroho*

Signature



[Make Health Last Video  
0:56]





Serving To Heal...Honored To Serve



